

Name of Activity:

Nutrition (Low Fat/High Fat Foods)

Academic Content:

Health

Purpose of Activity:

Eating foods low in fat is an important concept for students to understand. Hopefully by starting them on the road to a low fat diet, accompanied by being physically active, will help them live longer and healthier lives.



Suggested Grade Level: 2nd and Up

Materials Needed:

Pictures of food dishes mounted on heavy poster board (about 5"x5" in size), cones for general space. Sets of food models can be purchased from Western Dairy Council at <http://wdairycouncil.com>. These are life-size cardboard photographs of 185 commonly eaten foods, in portion sizes. The backs of the cards contain nutrient information.

Physical Activity:

Locomotor patterns

Description of Idea

Place pictures of different food dishes around the playing area. Make sure they are on fairly heavy paper so they don't blow around. The students begin to move around general space using any locomotor pattern. When the children hear the signal they are to pick up a picture closest to them. After looking at it they need to determine whether or not it is a high or low fat food. After making that decision they are to move through the room in a predetermined locomotor pattern (e.g., high fat means to slide sideways, low fat means to skip forward). They hold their picture above their heads while moving so you can see them. A low fat food is a food that has three grams or less fat per serving.

On your signal they put the picture down, continue to move freely through the general space, and pick up a new picture on your signal.

This is a great way for you to check for nutritional understanding of your students.

